Are YOU Tired of Lyme (Borrelia burgdorferi)?

Then try...

OLIVE LEAF EXTRACT

This page is to help you determine what dose of Olive Leaf Extract (OLE) to use and how to attain that dose using various manufacturers of OLE whose percentage of the active ingredient, oleuropein, may vary. OLE has a scientific name. It is olea europaea. Most OLE products report the amount of OLE that is in a serving. Beware! Sometimes the serving is two capsules and sometimes more. To determine the amount of OLE per capsule you must divide the amount of OLE per serving by the number of capsules per serving reported on the label.

Ex. 21st Century brand of OLE reports 500mg of OLE per serving. Serving size is two capsules. So the amount of OLE per capsules is 500mg divided by 2 or 250mg OLE per capsule.

Now let's talk about the active ingredient. It is called oleuropein. My experience is that 80mg to 100mg daily of this active ingredient, oleuropein, for 6 weeks will result in remission of most symptoms of lyme. Find out how many capsules of your brand of OLE contains that much oleuropein and take it in one dose once daily. For neurological issues such as migraine headaches your dose needs to be 50% more or 120-150mg daily.

How much oleuropein is in each of your products OLE capsules? Here is the formula.

(mg of OLE per capsule) x (% of oleuropein) divided by 100 = mg of oleuropein per capsule.

ex. 21st Century brand of OLE has 500mg of OLE per serving but each serving is 2 capsules so each capsule has 250mg OLE. The percent of oleuropein is 8 so:

(250) x (8) /100 = 20mg of oleuropein per capsule. Since you need 80-100mg of oleuropein daily you need to take 4 to 5 capsules of this product daily. Do that for up to 6 weeks or until major symptoms subside. You may get a temporary (one day) "bad reaction" within 2 days. This is a Herxheimer Reaction and it will pass. If it is very bad then stop for one day then resume. It occurs every 3-4 weeks but less and less intensely each episode. When you no longer get them every 3-4 weeks then you are in remission. Write down carefully what these symptoms are on day 3. These are your “Lyme Profile” of symptoms. As such, they are unique for you, consistent, based on your genetics, past history of tissue trauma and the strain of Bb (Borrelia burgdorferi) that infected you. Keep this list of symptoms. When any 2 or more of them return, you are heading for another active outbreak of lyme and should resume OLE. There is no cure for lyme but you can keep it at bay with this supplement.

Good luck!